



Henderson Z-Chicks!

HENDERSON Z-CHICKS



CHANGING LIVES THROUGH FITNESS,
FRIENDSHIPS AND FAITH

ZUMBA INSTRUCTOR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Annette Garrison			Henderson YMCA 4:45 p.m.			
Lori Rhodes						Henderson YMCA 8:30 a.m. Alt/Kendra
Kendra Gray		Henderson YMCA 5:35 p.m.		Henderson YMCA 6:35 p.m.		Henderson YMCA 8:30 a.m. Alt/Lori
Lynda Wathen	Henderson YMCA 4:45 p.m.					
Shannon Long						

Classes at the YMCA are for members only. All Classes are free with your membership. Inquire about membership at the front desk! You can try our Zumba Fitness classes once before you sign up to be a member of the YMCA. We encourage all to come join our classes for a fun way to get healthy, burn calories and have fun! All our instructors are Zumba® Licensed Instructors and part of the Zumba® Instructor Network!

